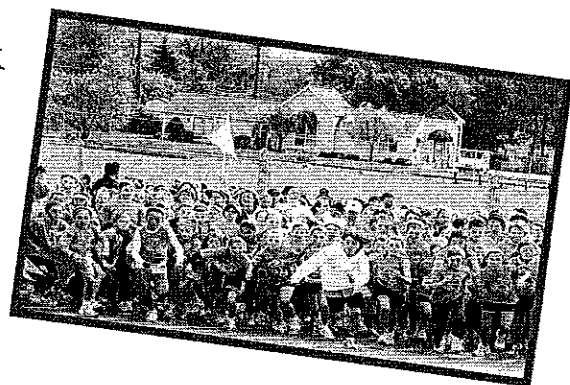




# What is Girls on the Run?



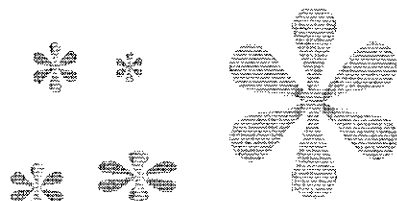
**G**irls on the Run (GOTR) and Girls on Track (GOT) are afterschool programs that educate and prepare girls for a lifetime of self-respect and healthy living. GOTR/GOT help provide girls with the tools necessary to make healthy decisions and knowledge to lead a healthy lifestyles.




Girls on the Run/Girls on Track lessons use running as a tool to teach girls about physical, emotional, mental, and social health. The curriculum offers lessons that specifically address some of the issues that arise during elementary school. Girls will engage in in-depth, age-appropriate discussions regarding topics like bullying and gossiping, making healthy decisions, keeping promises, and standing for oneself to name a few. Participants play games, complete projects, and use the power of running to learn about themselves and others throughout 10 week season.

**Registration begins in November for Spring 2012!**

- Register at one of our Open Houses
- Program start-up is in the first week in March!
- Team size is limited!



An affiliate of:  
  
CENTER FOR  
WOMEN IN  
TRANSITION

**\*\*\*Adult volunteers needed!!! \*\*\***  
For ways to get involved in the program, please contact your school liaison or check the GOTR website at [www.gotroac.org](http://www.gotroac.org). Possible opportunities involving fundraising, coaching, event volunteers, and much more!



For more information on Girls on the Run, please email [gotr@aplaceforwomen.org](mailto:gotr@aplaceforwomen.org) or call 616.494.1719



# Girls on the Run®

of Ottawa and Allegan Counties

*Educating and preparing girls for a lifetime of self-respect and healthy living.*

## Spring 2012 Registration and Scholarship Information

### Registration

You must attend an open house to register.  
There will not be online registration this season.

### Registration Cost:

The actual out of pocket cost of the Girls on the Run program is approximately \$120 per girl for the twice per week, ten week program. This fee covers the full cost of one child's participation which includes:

- A new pair of New Balance Running shoes (fittings will be held starting in January)
- 20 lessons conducted by two certified GOTR coaches
- An official Girls on the Run event T-shirt
- Participation in the 5K Celebration Run/Walk
- A water bottle
- A Gazelle Sports practice T-shirt

A family that can afford to pay the \$120 registration fee is asked to pay the full amount. Participants of Girls on the Run and their families who are not financially able to pay the \$120 cost may request a scholarship. We also offer a payment plan, which allows for one payment at the time of registration and the other payment due in mid-February. Girls participate equally in the program regardless of the amount their families select. It is essential that each family contribute as much as it can afford. Local fundraising efforts and donations from community supporters help bridge the gap between program registrations paid and necessary scholarships. All registration information remains confidential between families and the Program Coordinator. We share this information with you because we remain committed to the principles of the program that inspire all girls regardless of socioeconomic situations.

### We Need Your Help!!!

Did you know that 88% of the girls that participate in the Girls on the Run Program use some form of scholarship? We are currently looking for people that are willing to help provide sponsorship to fund these needs. Please contact Sarah at [gotr@aplaceforwomen.org](mailto:gotr@aplaceforwomen.org) for further ideas on how you can provide sponsorship!

### Registration Open Houses

<u>Date:</u>	<u>Location:</u>	<u>Time:</u>
Wednesday, November 2, 2011	Jamestown Elementary, Hudsonville	3:40-6:00pm
Thursday, November 3, 2011	Fennville Elementary, Fennville	2:45-4:30pm
Saturday, November 5, 2011	Center for Women in Transition of Holland (411 Butternut Dr.)	10:00am-12:30pm
Tuesday, November 8, 2011	Hamilton Elementary, Hamilton	3:00-6:00pm
Wednesday, November 9, 2011	Roosevelt Elementary, Zeeland	3:45-6:00pm
Thursday, November 10, 2011	Spring Lake Intermediate, Spring Lake	3:00-5:30pm
Monday, November 14, 2011	Douglas Elementary, Saugatuck	3:15-5:15pm
Tuesday, November 15, 2011	Coopersville South Elementary, Coopersville	3:30-6:00pm
Wednesday, November 16, 2011	Jefferson Elementary, Holland	3:00-5:45pm
Thursday, November 17, 2011	Steeby Elementary, Wayland	3:40-6:00pm
Friday, November 18, 2011	Bauerwood Elementary, Jenison	4:00-5:30pm
Saturday, November 19, 2011	Center for Women in Transition of Holland (411 Butternut)	10:00am-12:30pm
Monday, November 21, 2011	Park Elementary, Hudsonville	2:45-5:00pm
Tuesday, November 22, 2011	Peach Plains Elementary, Grand Haven	3:45-6:00pm
Monday, November 28, 2011	Pine Trails Elementary, Allegan	3:00-5:00pm
Tuesday, November 29, 2011	Evergreen Elementary, Allendale	3:40-6:00pm
Wednesday, November 30, 2011	Bursley Elementary, Jenison	3:50-5:45pm